

Four Week Cycle Menu Example

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u></p> <p>Grains, OR Meat/Meat Alternate (no more than 3 times per week)</p> <p>Fruit or vegetable</p> <p>Milk</p>	<p>Oatmeal (WG)</p> <p>Blueberries</p> <p>Milk</p>	<p>Tortilla (WG)</p> <p>Sliced Banana</p> <p>Milk</p>	<p>Scrambled Eggs</p> <p>Tasty Tots (USDA I-23r)</p> <p>Milk</p>	<p>Ready-to-eat Cereal (WG)</p> <p>Apple slices</p> <p>Milk</p>	<p>Low-fat Yogurt</p> <p>Strawberries</p> <p>Milk</p>
<p><u>Lunch/Supper</u></p> <p>Meat/Meat Alternate</p> <p>Fruit or Vegetable</p> <p>Vegetable</p> <p>Grains</p> <p>Milk</p>	<p>Chicken</p> <p>Macaroni (WG) & Cheese (USDA D260)</p> <p>Kale Salad</p> <p>Red Grapes</p> <p>Milk</p>	<p>Hamburger on Whole Wheat Bun</p> <p>Sweet Potato Fries</p> <p>Lettuce and Tomato</p> <p>Milk</p>	<p>Sweet and Sour Pork (USDA D36)</p> <p>Brown Rice</p> <p>Pepper Strips</p> <p>Sliced Plums</p> <p>Milk</p>	<p>BBQ Chicken (USDA D110)</p> <p>Cornbread (WG)</p> <p>Coleslaw</p> <p>Peaches</p> <p>Milk</p>	<p>Roast Beef</p> <p>Dinner Roll (WG) (USDA)</p> <p>Roasted Cauliflower</p> <p>Green Beans</p> <p>Milk</p>
<p><u>Snack</u></p> <p><i>Select two of the following:</i></p> <p>Meat/Meat Alternate</p> <p>Fruit</p> <p>Vegetable</p> <p>Grains</p> <p>Milk</p>	<p>Cucumber Slices</p> <p>Yogurt Dip</p>	<p>Hummus</p> <p>Carrot Sticks</p>	<p>Cheese</p> <p>Crackers (WG)</p>	<p>Cottage Cheese</p> <p>Pineapple</p>	<p>Graham Crackers</p> <p>Milk</p>

* 1-2 year olds receive unflavored whole milk and 2-5 year olds receive 1% or fat free unflavored milk

* Whole Grain – Rich (WG)

This institution is an equal opportunity provider.



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u></p> <p>Grains, OR Meat/Meat Alternate (no more than 3 times per week)</p> <p>Fruit or vegetable</p> <p>Milk</p>	<p>Spinach Egg Bake (USDA)</p> <p>Peaches</p> <p>Milk</p>	<p>Homemade Berry Muffin (WG)</p> <p>Watermelon</p> <p>Milk</p>	<p>Pancakes (WG)</p> <p>Raspberries</p> <p>Milk</p>	<p>Bagel (WG)</p> <p>Sliced plums</p> <p>Milk</p>	<p>French Toast (WG)</p> <p>Applesauce</p> <p>Milk</p>
<p><u>Lunch/Supper</u></p> <p>Meat/Meat Alternate</p> <p>Fruit or Vegetable</p> <p>Vegetable</p> <p>Grains</p> <p>Milk</p>	<p>Pulled Pork on Bun (WG)</p> <p>Roasted Herbed Potatoes</p> <p>Shredded Cabbage</p> <p>Milk</p>	<p>Chicken Fajitas on Tortilla (WG)(USDA D400)</p> <p>Black beans</p> <p>Corn</p> <p>Milk</p>	<p>Spaghetti (WG) with Meat Sauce (USDA D350)</p> <p>Garden Salad</p> <p>Banana</p> <p>Milk</p>	<p>Tuna Salad on Whole Wheat Pita</p> <p>Peas</p> <p>Strawberries</p> <p>Milk</p>	<p>Porcupine Sliders on Bun (WG) (USDA F10)</p> <p>Cucumber Coins</p> <p>Blueberries</p> <p>Milk</p>
<p><u>Snack</u></p> <p><i>Select two of the following:</i></p> <p>Meat/Meat Alternate</p> <p>Fruit</p> <p>Vegetable</p> <p>Grains</p> <p>Milk</p>	<p>Rice Cakes (WG)</p> <p>Honey Dew Melon</p>	<p>Strawberry and Banana Yogurt Smoothie</p>	<p>Hardboiled Egg</p> <p>Whole Wheat Toast</p>	<p>Turkey and Cheese Roll-ups</p> <p>Pretzels</p>	<p>Nut butter</p> <p>Celery</p> <p>Raisins</p>

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u></p> <p>Grains, OR Meat/Meat Alternate (no more than 3 times per week)</p> <p>Fruit or vegetable</p> <p>Milk</p>	<p>Biscuit (WG) (USDA)</p> <p>Kiwi</p> <p>Milk</p>	<p>Baked ham</p> <p>Pineapple</p> <p>Milk</p>	<p>Cream of wheat (WG)</p> <p>Raspberries</p> <p>Milk</p>	<p>Southwest Tofu Scramble (USDA)</p> <p>Black beans</p> <p>Milk</p>	<p>English Muffin (WG)</p> <p>Grapefruit</p> <p>Milk</p>
<p><u>Lunch/Supper</u></p> <p>Meat/Meat Alternate</p> <p>Fruit or Vegetable</p> <p>Vegetable</p> <p>Grains</p> <p>Milk</p>	<p>Grilled Cheese Sandwich (WG)</p> <p>Tomato Soup</p> <p>Brussels Sprouts</p> <p>Milk</p>	<p>Beef Taco (USDA D24)</p> <p>Corn Taco Shell (WG)</p> <p>Lettuce and Tomato</p> <p>Pinto Beans</p> <p>Milk</p>	<p>Crunchy Hawaiian Chicken Wrap (WG) (USDA F12)</p> <p>Orange Slices</p> <p>Beets</p> <p>Milk</p>	<p>Turkey Meatloaf (USDA D27)</p> <p>Dinner Roll (WG)</p> <p>Whipped Sweet Potatoes</p> <p>Asparagus</p> <p>Milk</p>	<p>Pork Stir Fry with Brown Rice and Vegetables (USDA D300A)</p> <p>Grapes</p> <p>Milk</p>
<p><u>Snack</u></p> <p><i>Select two of the following:</i></p> <p>Meat/Meat Alternate</p> <p>Fruit</p> <p>Vegetable</p> <p>Grains</p> <p>Milk</p>	<p>Cinnamon Tortilla (WG)</p> <p>Mixed berry salad</p>	<p>Clementines</p> <p>Yogurt</p>	<p>Cheese Sticks</p> <p>Sugar Snap Peas</p>	<p>Oatmeal (WG)</p> <p>Apricots</p>	<p>Goldfish</p> <p>Watermelon</p>

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or vegetable Milk	Cheesy Omelet Mandarin Oranges Milk	Zucchini Bread (WG) Nectarine Milk	Bran Flakes (WG) Raisins Milk	Breakfast Burrito (WG) (USDA J-02) Mango Milk	Waffles (WG) Blackberries Milk
<u>Lunch/Supper</u> Meat/Meat Alternate Fruit or Vegetable Vegetable Grains Milk	Shepherd's Pie (USDA D430) Dinner Roll (WG) Blueberries Milk	Black Bean & Cheese Quesadilla (WG) Pico de Gallo (USDA G150) Avocado Milk	Turkey Burgers with Tzatziki Sauce on Bun (WG) (USDA) Carrot Sticks Pears Milk	Chicken Alfredo with a Twist (WG) (USDA D54) Steamed Broccoli Mixed fruit Milk	Baked Fish Oodles of Noodles (WG) (USDA B26) Zucchini Cantaloupe Milk
<u>Snack</u> <i>Select two of the following:</i> Meat/Meat Alternate Fruit Vegetable Grains Milk	Toasted Bagel (WG) Nut Butter	Yogurt Granola	Animal Crackers Peaches	Black Bean Hummus Pita Bread (WG)	Banana Muffin Milk

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